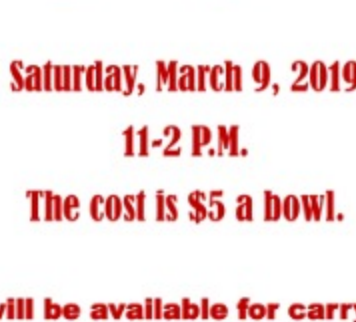


MARCH 6, 2019 NEWSLETTER

Chili at the Chamber
713 East State Street Salem, Ohio 44460



Saturday, March 9, 2019

11-2 P.M.

The cost is \$5 a bowl.

**Chili will be available for carryout.
While shopping at local businesses during
Salem Second Saturday, stop in and grab a
delicious bowl of chili!**

Proceeds to benefit the Chamber

**Contributing chefs are:
George W. S. Hays
Robin Whitehair
Lori Jewell**

Welcome New February Chamber Members!!



Sara Baer
1085 Jennings Avenue
Salem, Ohio 44460
330-277-3061
Contact: Sara Baer

RJM Law LLC
333 Babbitt Road, Suite 233
Cleveland, Ohio 44123
888-580-8901
Contact: Attorney Rachael J. Martin

Suzu's Closet
645 East State Street
Salem, Ohio 44460
330-222-0311
Contact: Susan Thomas

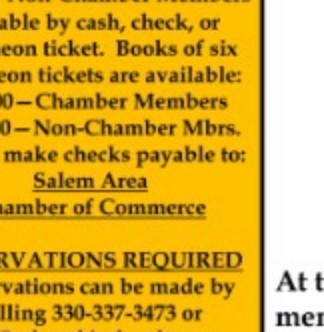
The Flower Loft
835 North Lincoln Avenue
Salem, Ohio 44460
330-332-1504
Contact: Robert Franko

U Dough Girl LLC
12725 Kent Road
Salem, Ohio 44460
330-207-5031
Contact: Kathy Boswell

Vibra Hospital of Mahoning Valley
8049 South Avenue
Boardman, Ohio 44512
330-726-5000
Contact: Ted Paarlberg

Whispering Pines Village
937 East Park Avenue
Columbiana, Ohio 44408
330-482-9400
Contact: Samantha Nutter

"Building a lifetime partnership in business and life"



**SALEM AREA
SAFETY COUNCIL**

DATE:
March 15, 2019

TIME: NOON
(Lunch Buffet Opens @ 11:45 a.m.)

PLACE:
SALEM COMMUNITY CENTER
1098 NORTH ELLSWORTH AVE.

COST:
\$14.00 - Chamber Members
\$19.00 - Non-Chamber Members
Payable by cash, check, or luncheon ticket. Books of six luncheon tickets are available:
\$84.00 - Chamber Members
\$114.00 - Non-Chamber Mbrs.
Please make checks payable to:
Salem Area Chamber of Commerce

MARCH 2019 MEETING

Topic:
"Get the Skinny on Diets"

Speaker:
Dr. Joseph Rousher, DO
Family Practice Center of Salem



- At the end of the presentation, Safety Council members should be able to:
- Discuss intermittent fasting and several other popular diets.
 - Describe each method and its effects on metabolism.
 - Explain the precautions one should take before beginning a diet.

This Program Is For All Employees and Members of Your Safety Committee!

Businesses Doing Good Deeds

CONSUMERS
National Bank
FOR IMMEDIATE RELEASE
March 5, 2019

Contact: Steve Badman
Tel. 330-868-9089
sbadman@consumersbank.com

CONSUMERS NATIONAL BANK SUPPORTS OHIO FFA CAMP MUSKINGUM WITH DONATION

Minerva, Ohio—Consumers National Bank announced today that it has earned a "leaf" on the Ohio FFA Camp Muskingum donor tree with its recent donation to the camp.

"Consumers National Bank is proud to support Ohio FFA Camp Muskingum's mission to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education," said Ralph J. Lober, President and CEO of Consumers National Bank.

"As an independent community bank serving agriculture clients throughout our markets, we appreciate the importance of having a high-quality facility like Camp Muskingum in our area. The Camp's "Nature's Classroom" program provides education in an outdoor setting emphasizing community awareness and personal development through cooperative learning and positive experiences. Students from across our 15 markets attend educational programs at Camp Muskingum which is consistent with Consumers National Bank's commitment to make a difference in our communities," said Lober.

"What a blessing to have a local bank that lives and works within the communities that it serves," said Todd Davis, Director of Ohio FFA Camp Muskingum. "Being a customer of Consumers National Bank through its loan to FFA Camp Muskingum, it is reassuring having a bank so committed to their mission of serving their customers," said Davis.

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Ralph J. Lober, II, President & CEO of Consumers National Bank, and Michele Cattlett, Vice President and Business Banking Officer present a donation check to Todd Davis, Director of Ohio FFA Camp Muskingum under the Camp's donor tree. [L to R] Todd Davis, Ralph Lober, Michelle Cattlett

Consumers National Bank is an independent community bank that provides a complete line of banking and other investment services to business and personal customers through its main office in Minerva, and branches in Alliance, Canton, Carrollton, East Canton, Hanoverton, Hartsville, Lisbon, Louisville, Malvern, Salem, Wayneburg, and Business Banking Offices in Stow and Wooster, Ohio. More information about Consumers National Bank can be accessed online at www.ConsumersBank.com. Member FDIC.

GOODNESS GROWS 2019 CSA PROGRAM
"Eat local produce from the earth you work on."

Goodness Grows
Create. Cultivate. Thrive.

Our Mission:
To cultivate personal, social, and community growth through gardening, education, and opportunity for people of all abilities.

What We Do:
Goodness Grows uses horticulture and related activities to facilitate positive changes in the lives of people living with disabilities or health needs that could benefit from social or therapeutic gardening.

Contact Us:
Phone: 330-529-9008
Email: info@goodnessgrows.org
Web: www.goodnessgrows.org

Goodness Grows 2019 CSA Prospectus
2310 W. South Range Rd.
North Lima, OH 44132

What is a CSA?
CSA stands for Community Supported Agriculture. It is a partnership between a farm and a community of supporters that provides you with a direct connection to the farm. CSA members make a commitment to support the farm throughout the season and share the costs, risks, and benefits of growing food along with the farmer. In return, the farm provides a weekly supply of seasonal, fresh produce throughout the growing season. Becoming a partner creates a responsible relationship between people, the food they eat, the land on which it grows, & those who grow it.

Is a CSA right for me?
If you have a goal to eat healthy, cook more often, or try new vegetables, a CSA is a great solution! With a CSA, your produce will arrive fresh, weekly depending on what is in season. The highlight of the season starts and finishes and naturally becomes easier with the summer and fall variety of vegetables. You pick up your share right on the farm, or it's delivered a great choice to see fresh, unprocessed, and see what is happening at Goodness Grows!

WHAT WE GROW
Availability varies seasonally.

Artery Beans	Corn	Peppers
Asparagus	Cucumbers	Prognosis
Bacon Beans	Eggplant	Radishes
Beet	Green Beans	Tomatoes
Broccoli	Hot Peppers	Pea Pods
Brussels Sprouts	Jack	Kale
Carrots	Lettuces	Swiss Chard
Cauliflower	Onions	Winter Squash
Chard	Peas	Yams
Cherry Tomatoes	Shrimmock Lettuce	Winter Squash
Cilantro	Spinach	Zucchini
Cucumber	Stalks	
Garlic	String Beans	
Green Beans	Summer Squash	
Green Peas	Tomatoes	
Green Beans	Winter Squash	
Green Beans	Winter Squash	

PLUG VALUE ADDED ITEMS
Beans in Vegetable Pesto, Pasta, Stone Stone Bread, Maple Jam, Honey Jam, Roasted Bread

HOW WE GROW
All of our produce is grown from heirloom GMO-free, genetically modified seeds. We utilize a variety of practices that make our vegetables better for the environment and healthier for you too.

- No chemical fertilizers.
- High diversity of vegetable crops.
- Produce harvested, packed, & cooled on the same day.
- No other inputs (pesticides, cover crops, and crop rotations).

CSA SHARE OPTIONS

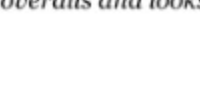
WEEKLY SHARE
25 shares of a wide variety of produce from 2019, June 8 to 10th October. Pick up at Goodness Grows each week.

60 WEEKLY SHARES
6 weeks of a wide variety of produce from 2019, June 8 to 10th October. Pick up at Goodness Grows every other week.

SHARES AND SHARES
Shares will be ready for pick up on Thursday, from 4:00 to 7:00 pm. Pick up your share at Goodness Grows, inside Common Ground Church Community, located at 2310 W. South Range Rd., North Lima, OH 44132.

REGISTER
A limited number of shares are available. Please contact EBH Enner, President EBH@goodnessgrows.org Phone: 330-529-9008. You need to provide us with your email and best contact phone number when you register. Mail check made out to Goodness Grows by deadline: 2310 W. South Range Rd., North Lima, OH 44132.

REGISTRATION DEADLINE
April 10 - 10:00 AM. Payment for shares must be made by 10:00 AM before payment can start.



March 2019 BWC News from CareWorks Comp

"Opportunity is missed by most people because it is dressed in overalls and looks like work." -Thomas A. Edison

Who is Your CareWorks Comp Claims Examiner?
CareWorks Comp has a team of professional associates who can help you manage your workers' compensation program. One of the most important team members is your Claims Examiner. Located in our Dublin, Ohio, office, our Claims Examiners are there to help our clients navigate the entire BWC claims process. Consider your Claims Examiner as your day-to-day contact for claims management. Your claims examiner can answer questions such as: Should you certify a claim? What is the Additional Allowance that the injured worker is asking for? What is the Industrial Commission Hearing about for an upcoming hearing? How will a Lump Sum Settlement affect a claim and your EMR rating? Should you request an Independent Medical Exam on a claim? Your Claims Examiner can help you with every aspect of managing a claim. If you do not know who your Claims Examiner is call the CareWorks Comp office at (800)837-3200.

Important Deadlines:

- **March 2, 2019:** 2018 OSHA 300A logs must be electronically submitted to OSHA. For further information, click on this link: OSHA's Online Injury Tracking Application
- **March 21, 2019:** If you are on a Monthly Installment Plan OR a Quarterly Installment Plan with the Ohio BWC to pay your Premiums, the next installment is due 3/21/19.
- **March 31, 2019:** due date for the annual Drug Free Safety Program (DFSP) report if you began the program on July 1, 2018.

Mergers, Acquisitions and Purchases and Workers' Comp
It is important for a new business owner who is taking over another business, either whole or in part, through a purchase, acquisition or merger, to understand how the BWC determines successorship. Generally, if the BWC determines the relationship between the predecessor (seller) and the successor (buyer) is a continuation of the business or operations, they will combine the predecessor's policy with the successor's, resulting in the transfer of experience and liability. This is important information